**A. Script to be read to classes to recruit research subjects:**

Drs. Jim Williams and Kevin McCurdy are conducting a research project to determine the effects of exercise on a protein in the serum of blood.

In general, participation in the study requires that you are a healthy, physically active male between the ages of 18 and 40 years. Other factors such as your fitness level and body composition (% body fat) will also be used to determine eligibility for participation.

Participation will require 2 visits to the laboratory where you will perform either a strength test followed 48 hours later by a resistance exercise session or an aerobic capacity test followed 48 hours later by an endurance exercise session. Before and after the resistance or endurance exercise session, a 2-3 teaspoon sample of blood will be withdrawn from a vein in your arm. All visits to the laboratory will require about 1.5 hours of your time.

You will be paid $25.00 for each visit for a total compensation of $50.00.

I will now answer any questions you may have about the study.